



Mustang Express

Rock Creek Junior/Senior High School

November 2008

Principal 9-12:
Dennis Post

Assistant Principal 7-8:
Scott Harshbarger

USD 323
Superintendent :
Dr. Darrel Stufflebeam

Contents:

Page 2

Calendar
Counselor's Notes
Rings of Saturn
Reading Strategies

Page 3

Box Tops for Education
Page 4
Rockin' at the Rock



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NHS Induction Ceremony

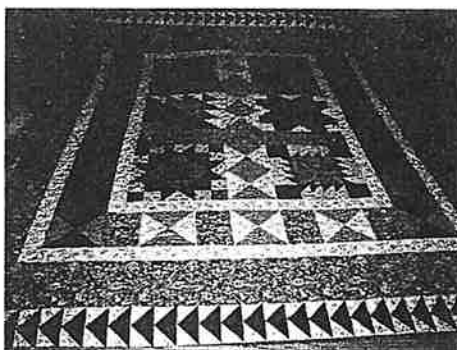
On October 27, five new members were inducted into the Rock Creek chapter of the National Honor Society.

Congratulations to the students selected from Rock Creek (left to right): *Chelsea Ebert, Rebecca Snapp, George Dille, Megan Jilka, and Monica Ebert.*

National Honor Society membership is based on the four categories of academics, leadership, service, and character. The selection committee reviews applications each fall from qualified students.

Laurel Lauer Benefit

FCCLA is sponsoring a benefit for *Laurel Lauer* on December 6, 2008. There will be loads to do with the silent auction and BBQ pork sandwich meal running from 5-7 p.m. The live auction will start immediately after the meal. Some highlights from the auction are as follows: a hog, karaoke machine, basketball signed by Michael Beasley, lap quilts, alfalfa, Christmas decorations, gift baskets, home decorations, school memorabilia, and two bicycles just to name a few.



Laurel's grandmother, Sharon Springer, will donate a queen size quilt for the occasion. The pattern used is "Sunrise" by Thimbleberry. Her grandfather, Jerry Springer, will have two quilt racks at the auction – one walnut and one oak. For a full listing of all auction items, go to www.rockcreekschools.org from December 1-6. Thrivent Financial for Lutherans will provide \$1,385 in matching funds.

Mrs. Milham and Students Awarded Grant

Earlier this year, Morgan Milham and her class put forth a group effort to create and present a grant to buy a new refrigerator. *Brad Havenstein, Katie Harrison, Taylor Newman, Sheridan Reves, and Cassie Marker* wrote that grant, along with their instructor, Mrs. Milham. *Brad* and *Katie* took their grant to Wamego, Kansas, to present their idea to Y.A.R. (Youth as Resources). Their grant was accepted and the class was awarded \$615 to buy a new refrigerator. This would also count as a senior exit project for both of these students.

Calendar of Events

Date	Event	Time
11/24	JHGB @ Rossville	5:00 p.m.
11/25	JHGB – Silver Lake	5:30 p.m.
11/26-28	No School – Thanksgiving Break	
11/29	State FB	TBA
12/1	Winter Sports Scrimmage	6:00 p.m.
12/2	JHGB @ St. Marys Jazz Band @ KSU	4:30 p.m. 7:00 p.m.
12/4	JHWR @ Chapman JHGB – Overbrook	4:00 p.m. 5:30 p.m.
12/5	RC Jazz Band Concert	7:30 p.m.
12/6	HSWR Tournament @ Mission Valley Laurel Lauer Benefit	9:00 a.m. 5:00 p.m.
12/8	JHWR @ Shawnee Heights JHGB – Mill Creek Valley	3:30 p.m. 5:30 p.m.
12/9	HSBB @ Dickinson County Tournament	4:30 p.m.
12/10	Board of Education Meeting	7:00 p.m.
12/11	JHGB – Riley County FRBB – Abilene	5:30 p.m. 5:30 p.m.
12/12	HSBB @ Dickinson County Tournament	4:30 p.m.
12/13	HSBB @ Dickinson County Tournament JHGB MEL Tournament @ Wabaunsee HSWR Tournament @ Clay Center	TBA 9:00 a.m. 9:30 a.m.
12/15	FRGB/BB @ Royal Valley	5:30 p.m.
12/16	JHGB MEL Tournament @ Wabaunsee HSBB @ Wabaunsee	4:00 p.m. 4:45 p.m.
12/18	JHGB MEL Tournament @ Wabaunsee HSWR @ Council Grove	5:30 p.m. 6:00 p.m.
12/19	HS Basketball @ Centralia	4:45 p.m.
12/22	HS Band/HS Choir/JH Choir Concert	7:30 p.m.
12/24-31	No School PK - 12	

Counselor's Notes

Any 9-11 students interested in participating in a foreign exchange program during the 2009-10 academic year should contact Mr. Sullivan.

Junior boys ranked in the top half of their class may participate in the American Legion Boys State Program. More information is available at www.ksbstate.org.

Seniors interested in applying for American Legion Scholarships. Visit www.ksamlegion.org.*

Seniors planning to pursue four-year college degrees may want to apply for the 2009 McKelvey Foundation Entrepreneurial Scholarship. This is a \$40,000 value.

Students in grades 7-12 are eligible to apply for the 2009 Outstanding High School/Junior High Youth awards. Stipends range in value from \$100 - \$1,000.

Seniors planning to pursue engineering studies in college are eligible for 2009 SAE Engineering Scholarships. These scholarship applications have a December 1, 2008, deadline. Visit www.sae.org/students/engschlr.htm.*

Seniors are eligible to participate in the Kansas School Safety Hotline Scholarship Contest. Seniors must create a radio/TV public service announcement. The awards range from \$500 - \$1,250 and the deadline is December 15, 2008.

Seniors planning to attend KSU may apply for the K-State Civic Leadership Scholarship. Applicants must show a commitment to serving others in their community, school, or church. Complete both the K-State scholarship application at www.consider.k-state.edu/financialaid/ and the Civic Leadership Scholarship supplement application at www.k-state.edu/nss/scholarships by December 15, 2008. Awards are from \$2,000 - \$4,000.

Seniors can obtain the AXA Achievement Scholarships by exhibiting academic achievements/involvement activities. The scholarship awards range in value from \$10,000 - \$25,000. This deadline is set at December 15, 2008.

Students, grades 9-11, with a minimum 3.0 cumulative GPA may participate in the Congress-Bundestag Youth Exchange. See www.USAGermanyScholarships.org. by December 16, 2008.

Seniors residing in the Bluestem Electric Cooperative Service area are eligible to apply for the 2009 Bluestem Scholarships. Deadline is December 17, 2008.*

Elks Most Valuable Student Scholarship is given for academics and activities, \$600 - \$60,000. Deadline is January 9, 2009.*

High school students may participate in the 2009 John F. Kennedy Profile in Courage Essay Contest. Awards range in value from \$500 - \$5,000. The submission deadline is January 10, 2009. Visit www.jfklibrary.org.

McKelvey Foundation Entrepreneurial Scholarship is \$40,000. The deadline is January 28, 2009.*

Seniors are eligible to apply for the Tuition Giveaway. By the completion of an essay, a student can be awarded \$10,000. Apply now at www.tuitiongiveaway.com. Deadline is January 31, 2009.

Seniors may apply for the 2009 ESA Scholarships, from \$500 and \$1000; deadline is February 1, 2009.

Grade 7-12 students are eligible to participate in the 9th annual *Images of Aging* photo contest sponsored by the KU Medical Center. Winning entries will receive \$350 awards (February 23, 2009 deadline).*

*See Mr. Sullivan for more information.

The Rings of Saturn

The Science Club met Saturday morning, October 25, at 6 a.m. to look at the rings of Saturn. The rings are visible now, but not for much longer. Soon they will be level with our line of sight and then we cannot see them anymore. Students were able to view the rings of Saturn and also the craters on the moon. The craters on the moon are more easily observed during a partial phase, and Saturday morning was the perfect time to observe them. Mrs. Ashley Wege is the sponsor of Science Club.

Junior High Reading Strategies

On October 28, 2008, the Junior High Reading Strategies students read to 1st and 2nd graders at the St. George and Westmoreland Elementary Schools. The junior high students made bookmarks for the young children. All students enjoyed reading and listening to the stories.

RC Club Box Tops for Education

Earn cash for our school every time you shop for groceries. As a junior/senior high school, we are eligible to collect and return Box Tops for Education. Clip box tops from hundreds of your favorite products. Each coupon is worth \$0.10 to our school and that adds up fast! Visit boxtops4education.com for more great ideas. Please consider saving these for Rock Creek and send them to Coach Brummett or Coach Beam.

BAKING

Desserts:

- Almond Joy® Dessert Bar Mix
- Betty Crocker® Angel Food Cake Mix
- Betty Crocker Complete Desserts®
- Betty Crocker® Cookie Mix
- Betty Crocker® Frosting
- Betty Crocker® Sunkist® Lemon Bars
- Betty Crocker® Brownie Mix
- Betty Crocker® Variety Dessert Mixes
- Betty Crocker® Warm Delights® Desserts
- Betty Crocker® Warm Delights® Minis
- Hershey's® Brownie Mix
- Reese's® Dessert Bar Mix

Breads, Muffins and Rolls:

- Betty Crocker® Cornbread & Muffin Mix
- Betty Crocker® Muffin Mixes
- Betty Crocker® Premium Muffin & Quick Bread Mix

- Betty Crocker® Pancake Mix Boxes
- Betty Crocker® Quick Bread Mix
- Betty Crocker® Pizza Crust
- Bisquick® Baking Mix Boxes

BEVERAGES

- Nestle® Juicy Juice®
- Nestle® Juicy Juice® Harvest Surprise®

CEREAL

Basic 4®

Cheerios® Cereals:

- Cheerios®
 - Apple Cinnamon Cheerios®
 - Berry Burst Cheerios®
 - Cheerios Crunch™
 - Frosted Cheerios®
 - Fruity Cheerios®
 - Honey Nut Cheerios®
 - MultiGrain Cheerios®
 - Team Cheerios®
 - Yogurt Burst Cheerios®
- #### Cascadian Farm® Cereals:
- Cinnamon & Raisin Granola
 - Cascadian Farm® Dark Chocolate Almond Granola
 - Cascadian Farm® Fruit & Nut Granola
 - Cascadian Farm® Hearty Morning®
 - Cascadian Farm® Purely O's®
 - Cascadian Farm® Clifford™ Crunch
 - Cascadian Farm® Honey Nut O's
 - Cascadian Farm® Maple Brown Sugar Granola

- Cascadian Farm® Multi-Grain
- Cascadian Farm® Oats & Honey Granola
- Cascadian Farm® Vanilla Almond Crunch
- Cascadian Farm® Raisin Bran

Chex® Cereals:

- Chex®
- Chocolate Chex®
- Cinnamon Chex®
- Corn Chex®
- Honey Nut Chex®
- Multi-Bran Chex®
- Rice Chex®
- Strawberry Chex®
- Wheat Chex®

Cocoa Puffs® Cereals:

- Cocoa Puffs®
- Cocoa Puffs® Combos

Cookie Crisp® Cereals:

- Cookie Crisp®
- Double Chocolate Cookie Crisp®
- Peanut Butter Cookie Crisp®

Curves™ Cereals:

- Curves™ Fruit and Nut Crunch Cereal
- Curves™ Honey Crunch
- Curves™ Whole Grain Crunch

Disney's® Cereals:

- Disney's® Little Einsteins™ Fruity Stars
- Disney's® Mickey Mouse Clubhouse Berry Crunch
- Disney's® My Friends Tigger & Pooh Corn Puffs
- Disney's® Princess Fairytale Flakes Dora The Explorer®

Fiber One® Cereals:

- Fiber One®
- Fiber One® Caramel Delights™
- Fiber One® Honey Clusters®
- Fiber One® Raisin Bran Clusters®
- Golden Grahams®
- Honey Nut Clusters®

Kix® Cereals:

- Kix
- Berry Berry Kix®
- Cinnamon Toast Crunch® Cereals:
- Cinnamon Toast Crunch®
- French Toast Crunch®
- Reduced Sugar Cinnamon Toast Crunch®

Lucky Charms® Cereals:

- Lucky Charms
- Berry Lucky Charms®
- Chocolate Lucky Charms®

Nature Valley® Cereals:

- Nature Valley® Cinnamon
- Nature Valley® Oats 'n Honey
- Nature Valley® Organic Vanilla Nut Oatmeal Crisp® Cereals
- Oatmeal Crisp® Crunchy Almond
- Oatmeal Crisp® Hearty Raisin
- Oatmeal Crisp® Maple Brown Sugar

Para Su Familia Raisin Bran

Raisin Nut Bran

Reese's® Puffs®

Total® Cereals:

- Total®
- Total® Brown Sugar & Oat
- Total® Cinnamon Crunch
- Total® Cranberry Crunch
- Total® Honey Clusters®
- Total® Raisin Bran
- Total® With Strawberries
- Total® Vanilla Yogurt
- Whole Grain Total®

Trix®

Wheaties®

FROZEN

Green Giant® Vegetables:

- Green Giant® Bagged Vegetables with Sauce
- Green Giant® Frozen Complete Skillet Meals
- Green Giant® Giant Bites™ Vegetables
- Green Giant® Just For One!® Vegetables
- Green Giant® Nickelodeon® Frozen Bagged Vegetables

Green Giant® Select Vegetables

- Pillsbury® Microwave Biscuits
- Pillsbury® Toaster Strudel® Pastries
- Totino's® Pizza Rolls® Pizza Snacks

MEALS & SIDES

Betty Crocker® Potatoes:

- Betty Crocker® Casserole Potatoes
- Betty Crocker® Potato Buds® Mashed Potatoes
- Betty Crocker® Seasoned Mashed Potatoes
- Betty Crocker® Seasoned Skillet™
- Betty Crocker® Deluxe Potatoes

Helpers:

- Hamburger Helper®
- Hamburger Helper® Microwave Singles®
- Hamburger Helper® Microwave Singles® Cup
- Chicken Helper®
- Chicken Helper® Microwave Singles®
- Tuna Helper®

Old El Paso®:

- Old El Paso® Taco Shells
- Old El Paso® Tortillas
- Old El Paso® Dinner Kits
- Progresso® Soup Multi-packs
- Suddenly Salad® Mixes
- Wanchai Ferry™ Dinner Kits

REFRIGERATED & DAIRY

Cookies and Bars:

- Pillsbury® Brownie Batter
- Pillsbury® Create 'n Bake® Cookies
- Pillsbury® Ready to Bake!™ Cookies
- Pillsbury® Simply Bake® Bars
- Pillsbury® Grands!® Biscuits
- Pillsbury® Grands!® Sweet Rolls

Breads and Rolls:

- Pillsbury® Crescent Rolls
- Pillsbury® Crescent Rounds
- Pillsbury® Flaky Twists
- Pillsbury® Pizza Crust
- Pillsbury® Sweet Rolls

Yogurt:

- Yoplait® Go-GURT® Fizzix™ Yogurt
- Yoplait® Trix® Multipack Yogurt
- Yoplait® Original Family Pack
- Yoplait® Go-GURT® Yogurt
- Yoplait® Kids Yogurt
- Yoplait® Kids Yogurt Drink

SNACKS

Caribou Coffee® Bars

- Cascadian Farm® Granola Bars
- Cascadian Farm® Sweet & Salty Bars

Cheerios® Snack Mix

Chex Mix® Bars

Chex Mix® Snack Mix

100 Calorie Chex Mix® Snack Mix

Chex Mix® Select Snack Mix

Curves™ Snack Bars

Dunkaroos® Snacks

Fiber One® Bars

Fiber One™ Toaster Pastries

Fruit-Flavored Shapes:

- Batman™ Fruit Flavored Shapes
- Care Bears™ Fruit Flavored Shapes
- My Little Pony™ Fruit Flavored Shapes
- Polly Pocket™ Fruit Flavored Shapes
- Fairytale Princess® Fruit Flavored Shapes
- Scooby-Doo™ Fruit Flavored Shapes
- Shark Bites Fruit Flavored Snacks
- Spider-Man® Fruit Flavored Shapes
- Teenage Mutant Ninja Turtles™ Fruit Flavored Shapes

Tonka™ Fruit Flavored Shapes

Transformers Fruit Shapes

Fruit Flavored Snacks:

- Betty Crocker® Fruit Gushers®
- Betty Crocker® Fruit by the Foot®
- Betty Crocker® Fruit Roll-Ups®

Fruit by the Foot® Crazy Feet

Fruit Roll-Ups® Crazy Pix™

Fruit Roll-Ups® Fruit Stickerz™

Fruit by the Foot® Mini Feet

Fruit Roll-Ups® Mini Rolls

Milk 'n Cereal Bars

Nature Valley® Granola Bars:

- Nature Valley® Chewy Granola Bars with Yogurt
- Nature Valley® Chewy Trail Mix Bars
- Nature Valley® Crunchy Granola Bars
- Nature Valley® Healthy Heart Chewy Granola Bars
- Nature Valley® Roasted Nut Crunch Bars
- Nature Valley® Sweet & Salty Nut Granola Bars

BABY & CHILD CARE

COTTONELLE® products:

- COTTONELLE® For Kids Bath Tissue
- COTTONELLE® For Kids Flushable Moist Wipes
- GOODNITES® products:
- GOODNITES® Sleep Pants/Sleep Shorts
- GOODNITES® Underpants

HUGGIES® products:

- HUGGIES® Baby Wipes
- HUGGIES® Clean Team® Products
- HUGGIES® Diapers
- HUGGIES® LITTLE SWIMMERS® Swim Pants
- HUGGIES® Natural Care® Diapers
- HUGGIES® Snug'n Dry Diapers
- HUGGIES® Supreme® Diapers

PULL-UPS® Training Pants

STORAGE BAGS & CONTAINERS

Storage Bags:

- Ziploc® Brand Big Bags
- Ziploc® Brand DoubleGuard® Freezer Bags
- Ziploc® Brand Easy Zipper Freezer Bags
- Ziploc® Brand Easy Zipper Storage Bags
- Ziploc® Brand Expandable Bottom Bags
- Ziploc® Brand Freezer Bags
- Ziploc® Brand Sandwich Bags
- Ziploc® Brand Snack Bags

- Ziploc® Brand Storage Bags
- Ziploc® Brand Treat Bags
- Ziploc® Brand Zip 'n Steam™ Bags

Containers:

- Ziploc® Brand Snap 'n Seal Containers
- Ziploc® Brand Twist 'n Loc® Containers

PAPER PRODUCTS

Bath and Facial Tissue:

- COTTONELLE® Bath Tissue
- COTTONELLE® Bath Tissue Ultra
- COTTONELLE® Bath Tissue with Aloe & E
- COTTONELLE® For Kids Bath Tissue
- KLEENEX® Facial Tissue*
- SCOTT® 1000 Count Bath Tissue
- SCOTT® Extra Soft Bath Tissue

Paper Towels:

- SCOTT® Paper Towels
- VIVA® Paper Towels

Wipes:

- COTTONELLE® For Kids Flushable Moist Wipes
- COTTONELLE FRESH® Flushable Moist Wipes

HUGGIES® Baby Wipes

SCOTT® Pre-Moistened Wipes

PERSONAL CARE

KOTEX® products:

- KOTEX® Lightdays® Pantliners
- KOTEX® Maxi Pads
- KOTEX® Security® Tampons
- KOTEX® Ultra Thin Pads

POISE® products:

- POISE® Liners
- POISE® Pads
- POISE® Panty

DEPEND® products:

- DEPEND® Belted Shields
- DEPEND® Fitted Briefs
- DEPEND® Guards for Men
- DEPEND® Underwear
- DEPEND® Adjustable Underwear

DISPOSABLE TABLEWARE & WASTE BAGS

Disposable Cups:

- Hefty® Clear Colors Disposable Cups
- Hefty® Crystal Clear Disposable Cups
- Hefty® Easy Grip® Disposable Cups
- Hefty® Zoo Pals® Cups

Disposable Plates and Serveware:

- Hefty® Crystal Clear Plates
- Hefty® Elegantware® Plates and Bowls
- Hefty® Everyday Foam Plates and Bowls
- Hefty® Hearty Meals™ Plates and Platters
- Hefty® Superweight™ Plates and Bowls
- Hefty® Supreme™ Plates and Bowls
- Hefty® Zoo Pals® Plates and Bowls

Waste Bags:

- Hefty® Cinch Sak® Waste Bags
- Hefty® EasyFlaps® Waste Bags
- Hefty® The Gripper® Tall Kitchen Waste Bags
- Hefty® Kitchen Fresh® Tall Kitchen Waste Bags
- Hefty® Ultra Flex™ Waste Bags

PRODUCTS WITH LIMITED AVAILABILITY

Breads and Rolls:

- Country Hearth® Fresh Bread
- Fiber One® Bagels
- Fiber One® English Muffins
- Fiber One® Bread
- Fiber One™ Hamburger Buns
- Fiber One™ Hot Dog Buns
- Pillsbury® Bagels
- Pillsbury® Buns
- Pillsbury® Bread
- Pillsbury® English Muffins

Cereals:

- Boo Berry® Cereal
- Count Chocula® Cereal
- Country® Corn Flakes
- Franken Berry® Cereal
- Kaboom® Cereal



Rockin' at the Rock

NC KMEA District Honor Choir

Kallie Siderewicz: Soprano 1

Brittany Willard: Soprano 1

Justin Fronce: Tenor 2

Brian Sixbury: Bass 2

Mole Day Royalty

Mole Queen Jee Jee Yoon

Mole King Michael Wilson

NC KMEA District Honor Ensembles

Band

Jana Havens: 1st Chair Flute

Brenda Stevenson: Clarinet

Nolan Fike: Tenor Saxophone

Sam Cott: 1st Chair Alto Saxophone

Josh Unruh: 1st Chair Tuba

Jazz Band

DJ Denzien: Trombone

Brad Duncan: Trombone

Junior High League Honor Band

Rachel Frank, Crystal Chitwood, Shannon Oakley: Flute

Tiffany Stewart, Amber Sutzcak: Clarinet

Susie Willi: Bass Clarinet

Anna Jilka: Bassoon

Trey Basa, Dylan Meyer: Trumpet

Jacob Miller, Jared Lovin: Trombone

Blaine Ridder: Baritone

Sara Nider: Percussion

Toyota Community Scholar

Morgan Eichman

State Volleyball All-Tournament Team

DANA ELLIOTT, BECKY LIGHTFOOT, AMY YENZER

Mid-East All-League Volleyball

FIRST TEAM

DANA ELLIOTT, BECKY LIGHTFOOT, AMY YENZER

HONORABLE MENTION

TAYLOR EBERT

Kaw Valley State Bank

2008 Distinguished Citizen Award Winner



Nolan Fike

Clay Center Debate Tournament

Torrey Peterson and Sam Cott: 1st place, 4-0 record

Jackie Gonzalez and Justin Fronce: 2nd place, 4-0 record

Mandi Blenn and Ben Peterson: 3rd place, 4-0 record

Brenda Stevenson and Jeran Fry: 2-2 record

Lane Frazier and Josh Lohse: 2-2 record

Riley County Open Debate Tournament

Ben Peterson and Mandi Blenn: 1st place, 4-0 record

Jackie Gonzalez and Justin Fronce: 6th place, 3-1 record

Cody Liming and Amy Eshelman: 2-2 record

Skylar Myers and Josh Lohse: 2-2 record

Brenda Stevenson and Lane Frazier: 2-2 record

Frankfort JV Scholars Bowl Champions

Elke Thompson, Karl Thompson, Mandi Blenn, Lane Frazier, Devin Muir

Sabetha JV Scholars Bowl Champions

Mandi Blenn, Lane Frazier, Adam Schmitz, Elke Thompson, Karl Thompson